

Dietetics

Current Awareness Bulletin

June 2021

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Cochrane Reviews



[Long-term effects of weight-reducing diets in people with hypertension](#)

Thomas Semlitsch, Cornelia Krenn, Klaus Jeitler, Andrea Berghold, Karl Horvath, Andrea Siebenhofer
Intervention
Review
8 February 2021

[Vegan diet for adults with overweight or obesity](#)

Shane J Nugent, David Rogerson, Mayur K Ranchordas, David R Broom
Intervention
Protocol
27 December 2020

[Healthy eating interventions delivered in early childhood education and care settings for improving the diet of children aged six years and below](#)

Sze Lin Yoong, Melanie Lum, Jacklyn Jackson, Luke Wolfenden, Courtney Barnes, Jannah Jones, Nicole Pearson, Sam McCrabb, Alix E Hall, Alecia Leonard, Therese McDonnell, Alice Grady
Intervention
Protocol
1 February 2021

[Early full enteral feeding for preterm or low birth weight infants](#)

Verena Walsh, Jennifer Valeska Elli Brown, Bethany R Copperthwaite, Sam J Oddie, William McGuire
Intervention
Review
27 December 2020

[Physical activity interventions and nutrition-based interventions for children and adolescents with type 1 diabetes mellitus](#)

Shefaly Shorey, Esperanza Debby Ng, Evelyn C Law, John CM Wong, Kah Yin Loke, Wilson Wai San Tam
Intervention
Protocol
25 January 2021

Secondary Evidence



1. [Nutritional management in newborn babies receiving therapeutic hypothermia: two retrospective observational studies using propensity score matching \(Full text\)](#)

[Full text: YDH](#)

2021 [NIHR HTA programme](#) [PubMed abstract](#)

Necrotising enterocolitis is rare in babies receiving therapeutic hypothermia, and the introduction of enteral feeding is associated with a lower risk of pragmatically defined necrotising enterocolitis and other beneficial outcomes, including rates of higher survival and breastfeeding at discharge.

2. [Effects of neonatal nutrition interventions on neonatal mortality and child health and development outcomes](#)

Vitamin A supplementation during the first month of life does not reduce the risk of death during the first year of life in low- and middle-income countries. However, neonatal vitamin A supplementation increases the risk of bulging fontanelle, which may cause damage to the brain.

2021 [Campbell Collaboration](#)

3. [Effects of preconception care and peri-conception interventions on maternal nutritional status and birth outcomes in low- and middle-income countries](#)

Our review highlights improvements in the uptake of contraceptives through education on sexual health interventions to delay the age at first pregnancy and increase the interval between pregnancies. Similarly, the review underscores a reduction in neglected tropical diseases and anaemia through periconceptional folic-acid and iron-folic acid supplementation.

2021 [Campbell Collaboration](#)

4. [Parent-Child-Pass Update 2020/21 – Screenings for mental health, nutrition and social competence](#)

The aim of this update was to review the guideline recommendations for mental health, nutrition and social competence from previous reports to ensure that they were up to date and to provide an update.

2021 [Austrian Institute of Health Technology Assessment](#)

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[Healthy diet in adults](#)

Literature review current through: May 2021. | This topic last updated: Dec 11, 2019.

[Dietary recommendations for toddlers, preschool, and school-age children](#)

Literature review current through: May 2021. | This topic last updated: Aug 04, 2020.

[Obesity in adults: Dietary therapy](#)

Literature review current through: May 2021. | This topic last updated: Feb 17, 2021.

Journal Articles

If you would like help obtaining any of the articles, please contact the Library.

NICE Healthcare Databases

[1. Associations between dietary patterns and the incidence of total and fatal cardiovascular disease and all-cause mortality in 116,806 individuals from the UK Biobank: a prospective cohort study.](#)

Author(s) Gao ; Jebb, Susan A.; Aveyard, Paul; Ambrosini, Gina L.; Perez-Cornago, Aurora [et al.](#)

Source BMC Medicine; Apr 2021; vol. 19 (no. 1); p. 1-12

Language English

Publication Date Apr 2021

DOI [10.1186/s12916-021-01958-x](https://doi.org/10.1186/s12916-021-01958-x)

ISSN 17417015

Database CINAHL

We identified dietary patterns which are associated with increased risk of CVD and all-cause mortality. These results help identify specific foods and beverages which are major contributors to unhealthy dietary patterns and provide evidence to underpin food-based dietary advice to reduce health risks.

- [Available in full text at BMC medicine from BioMed Central](#)
- [Available in full text at BMC medicine from Europe PubMed Central - Open Access](#)
- [More full-text links...](#)

[2. Dietary Fiber, Genetic Variations of Gut Microbiota-derived Short-chain Fatty Acids, and Bone Health in UK Biobank.](#)

Author(s) Zhou ; Wang, Mengying; Ma, Hao; Li, Xiang; Heianza, Yoriko [et al.](#)

Source Journal of Clinical Endocrinology & Metabolism; Jan 2021; vol. 106 (no. 1); p. 201-210

Language English

Publication Date Jan 2021

DOI [10.1210/clinem/dgaa740](#)

ISSN 0021972X

Database CINAHL

Our results indicate that greater intakes of total dietary fiber and subtypes from various food sources are associated with higher heel-BMD. Participants with lower genetically determined propionate production may benefit more from taking more dietary fiber.

[3. Dietary patterns and age at natural menopause: Evidence from the UK Women's Cohort Study.](#)

Author(s) Dunneram ; Greenwood, Darren C.; Cade, Janet E.

Source Maturitas; Jan 2021; vol. 143 ; p. 165-170

Language English

Publication Date Jan 2021

DOI [10.1016/j.maturitas.2020.10.004](#)

ISSN 03785122

Database CINAHL

Women whose diets are highly loaded with animal proteins, as well as red and processed meats, are more likely to have a later natural menopause.

[4. Derivation and Validation of a Total Fruit and Vegetable Intake Prediction Model to Identify Targets for Biomarker Discovery Using the UK National Diet and Nutrition Survey.](#)

Author(s) Owen ; Patel, Sumaiya; Flannery, Orla; Dew, Tristan P; O'Connor, Laura M

Source Journal of Nutrition; Apr 2021; vol. 151 (no. 4); p. 962-969

Language English

Publication Date Apr 2021

DOI [10.1093/jn/nxaa406](#)

ISSN 00223166

Database CINAHL

Conclusions: Intakes of a concise FV list can be used to predict total FV intakes in a UK population. The individual FVs included in the TFVpred model present targets for biomarker discovery aimed at objectively assessing total FV intake.

- [Available in full text at The Journal of nutrition from Unpaywall](#)

[5. Development of a short food frequency questionnaire to assess diet quality in UK adolescents using the National Diet and Nutrition Survey.](#)

Author(s) Shaw ; Crozier, Sarah; Strömmer, Sofia; Inskip, Hazel; Barker, Mary [et al.](#)

Source Nutrition Journal; Jan 2021; vol. 20 (no. 1); p. 1-11

Language English

Publication Date Jan 2021

DOI [10.1186/s12937-020-00658-1](#)

ISSN 14752891

Database CINAHL

Conclusions: The diet quality score based on 20 food groups showed reasonable agreement with the 139-group score. Both scores were correlated with nutritional biomarkers. A short 20-item FFQ can provide a meaningful and easy-to-implement tool to assess diet quality in large scale observational and intervention studies with adolescents.

- [Available in full text at Nutrition journal from BioMed Central](#)
- [Available in full text at Nutrition journal from Europe PubMed Central - Open Access](#)
- [More full-text links...](#)

[6. Diet, Physical Activity, and Disinhibition in Middle-Aged and Older Adults: A UK Biobank Study.](#)

Author(s) Schwaren ; van Rooij, Daan; Shi, Huiqing; Larsson, Henrik; Arias-Vasquez, Alejandro [et al.](#)

Source Nutrients; May 2021; vol. 13 (no. 5); p. 1607-1607

Language English

Publication Date May 2021

DOI [10.3390/nu13051607](#)

ISSN 20726643

Database CINAHL

Disinhibition is associated with multiple features of diet among middle-aged/older adults. Our findings foster specific hypotheses (e.g., early malnutrition, elevated immune-response) to be tested in alternative study designs.

- [Available in full text at Nutrients from Europe PubMed Central - Open Access](#)
- [Available in full text at Nutrients from ProQuest \(MEDLINE with Full Text\) - NHS Version](#)

[7. Whole almond consumption is associated with better diet quality and cardiovascular disease risk factors in the UK adult population: National Diet and Nutrition Survey \(NDNS\) 2008–2017.](#)

Author(s) Dikariyanto ; Berry, Sarah E.; Francis, Lucy; Smith, Leanne; Hall, Wendy L.

Source European Journal of Nutrition; Mar 2021; vol. 60 (no. 2); p. 643-654

Language English

Publication Date Mar 2021

DOI [10.1007/s00394-020-02270-9](#)

ISSN 14366207

Database CINAHL

Conclusions: Almond intake is low in the UK population, but consumption was associated with better dietary quality and lower CVD risk factors. Habitual consumption of whole almonds should be encouraged as part of a healthy diet.

- [Available in full text at European Journal of Nutrition from Unpaywall](#)

[8. UK Nutrition Research Partnership \(NRP\) workshop: Forum on advancing dietary intake assessment.](#)

Author(s) de la Hunty ; Buttriss, Judith; Draper, John; Roche, Helen; Levey, Georgia [et al.](#)

Source Nutrition Bulletin; Jun 2021; vol. 46 (no. 2); p. 228-237

Language English

Publication Date Jun 2021

DOI [10.1111/nbu.12501](#)

ISSN 14719827

Database CINAHL

The development of better and more robust measures of dietary intake in free living situations was identified as a priority for advancing nutrition research by the Office of Strategic Coordination for Health Research (OSCHR) Review of Nutrition and Human Health Research in 2017. The UK Nutrition Research Partnership (NRP) sponsored a workshop on Dietary Intake Assessment methodology alongside its series of 'Hot Topic' workshops designed to accelerate progress in nutrition research by bringing together people from a range of different disciplines. [Available in full text at Nutrition Bulletin from Wiley Online Library Medicine and Nursing Collection 2020](#)

- [Available in full text at Nutrition Bulletin from Unpaywall](#)

[9. Dietary Patterns Derived from UK Supermarket Transaction Data with Nutrient and Socioeconomic Profiles.](#)

Author(s) Clark ; Shute, Becky; Jenneson, Victoria; Rains, Tim; Birkin, Mark [et al.](#)

Source Nutrients; May 2021; vol. 13 (no. 5); p. 1481-1481

Language English

Publication Date May 2021

DOI [10.3390/nu13051481](#)

ISSN 20726643

Database CINAHL

In general loyalty card holders meet the recommended salt intake, do not purchase enough carbohydrates, and purchase too much fat and protein, but not enough fibre. The dietary purchase pattern containing the highest amount of fibre (as an indicator of healthiness) is bought by the least deprived customers and the pattern with lowest fibre by the most deprived. In conclusion, supermarket sales data offer significant potential for understanding population dietary patterns.

- [Available in full text at Nutrients from Europe PubMed Central - Open Access](#)
- [Available in full text at Nutrients from ProQuest \(MEDLINE with Full Text\) - NHS Version](#)
- [More full-text links...](#)

[10. Dietary Habit Is Associated with Depression and Intelligence: An Observational and Genome-Wide Environmental Interaction Analysis in the UK Biobank Cohort.](#)

Author(s) Cheng ; Chu, Xiaomeng; Yang, Xuena; Wen, Yan; Jia, Yumeng [et al.](#)

Source Nutrients; Apr 2021; vol. 13 (no. 4); p. 1150-1150

Language English

Publication Date Apr 2021

DOI [10.3390/nu13041150](#)

ISSN 20726643

Database CINAHL

Dietary habits have considerable impact on brain development and mental health. Despite long-standing interest in the association of dietary habits with mental health, few population-based studies of dietary habits have assessed depression and fluid intelligence. Our aim is to investigate the association of dietary habits with depression and fluid intelligence. In total, 814 independent loci were utilized to calculate the individual polygenic risk score (PRS) for 143 dietary habit-related traits. [Available in full text at Nutrients from Europe PubMed Central - Open Access](#)

- [Available in full text at Nutrients from ProQuest \(MEDLINE with Full Text\) - NHS Version](#)
- [More full-text links...](#)

[11. Exploration of the dietary habits, lifestyle patterns and barriers to healthy eating in UK post-partum women.](#)

Author(s) Stevens ; Kelaiditi, E.; Myrissa, K.

Source Nutrition Bulletin; Mar 2021; vol. 46 (no. 1); p. 26-39

Language English

Publication Date Mar 2021

DOI [10.1111/nbu.12483](#)

ISSN 14719827

Database CINAHL

Dietary analysis showed that women were not meeting the national recommendations for energy, fibre, iron and vitamin D. Diet and lifestyle advice given to post-partum women needs to be tailored to different sociodemographic characteristics, pre-pregnancy health status and baseline nutrition knowledge, with a greater focus on those experiencing more barriers to healthy eating.

- [Available in full text at Nutrition Bulletin from Wiley Online Library Medicine and Nursing Collection 2020](#)

[12. Foods, nutrient intakes and Mediterranean dietary pattern in midlife are not associated with reaction times: a longitudinal analysis of the UK Women's Cohort Study.](#)

Author(s) Zhang ; Hardie, Laura; Cade, Janet

Source British Journal of Nutrition; Jan 2021; vol. 125 (no. 2); p. 194-202

Language English

Publication Date Jan 2021

DOI [10.1017/S0007114520002287](https://doi.org/10.1017/S0007114520002287)

ISSN 00071145

Database CINAHL

Associations between dietary factors and general cognition in the elderly have been documented; however, little is known about reaction time ability in relation to midlife diet. The present study aimed to investigate associations between reaction time and midlife dietary factors, specifically foods, nutrients and Mediterranean diet (MeDi) pattern.

[13. British Nutrition Foundation Healthy Eating Week 2020 – insights into the effect of COVID-19 on eating and activity habits of adults and children in the UK.](#)

Author(s) Theobald ; White, Alex

Source Nutrition Bulletin; Jun 2021; vol. 46 (no. 2); p. 238-245

Language English

Publication Date Jun 2021

DOI [10.1111/nbu.12500](https://doi.org/10.1111/nbu.12500)

ISSN 14719827

Database CINAHL

This article provides an overview of the British Nutrition Foundation's Healthy Eating Week in 2020. Included is a summary of the Week, including resources developed, activities undertaken by participants, the results of two surveys of the impact of the COVID-19 pandemic on the healthy eating habits and physical activity levels of children and adults in the UK and an evaluation of the Week, along with details for future plans.

- [Available in full text at Nutrition Bulletin from Wiley Online Library Medicine and Nursing Collection 2020](#)
- [Available in full text at Nutrition Bulletin from Unpaywall](#)

[14. Associations between conflicting nutrition information, nutrition confusion and backlash among consumers in the UK.](#)

Author(s) Vijaykumar ; McNeill, Andrew; Simpson, Joshua

Source Public Health Nutrition; Apr 2021; vol. 24 (no. 5); p. 914-923

Language English

Publication Date Apr 2021

DOI [10.1017/S1368980021000124](#)

ISSN 13689800

Database CINAHL

Our study supports the theoretical pathways that explain the influence of CNI exposure on nutrition-related cognitive and behavioural outcomes. Additionally, different types of online information sources are associated with these outcomes to varying degrees. In the context of obesity and diabetes rates in the UK, our findings call for (a) further experimental research into the effects of CNI on consumers' diet-related cognitions and behaviours and (b) multi-stakeholder, interdisciplinary approaches to address this problem.

- [Available in full text at Public health nutrition from Unpaywall](#)

[15. Are We Neglecting Nutrition in UK Medical Training? A Quantitative Analysis of Nutrition-Related Education in Postgraduate Medical Training Curriculums.](#)

Author(s) Ganis ; Christides, Tatiana; Khosla, Pramod

Source Nutrients; Mar 2021; vol. 13 (no. 3); p. 957-957

Language English

Publication Date Mar 2021

DOI [10.3390/nu13030957](#)

ISSN 20726643

Database CINAHL

Suboptimal nutrition is a major cause of morbidity and mortality in the United Kingdom (UK). Although patients cite physicians as trusted information sources on diet and weight loss, studies suggest that the management of nutrition-related disorders is hindered by insufficient medical education and training. This study demonstrates considerable variability in the number of nutrition-related learning objectives in UK postgraduate medical training.

- [Available in full text at Nutrients from Europe PubMed Central - Open Access](#)
- [Available in full text at Nutrients from ProQuest \(MEDLINE with Full Text\) - NHS Version](#)
- [More full-text links...](#)

[16. UK food and nutrition security during and after the COVID-19 pandemic.](#)

Author(s) Rivington ; King, R.; Duckett, D.; Iannetta, P.; Benton, T. G. [et al.](#)

Source Nutrition Bulletin; Mar 2021; vol. 46 (no. 1); p. 88-97

Language English

Publication Date Mar 2021

DOI [10.1111/nbu.12485](#)

ISSN 14719827

Database CINAHL

It examines the food system, how it is responding, and potential knock on effects on the UK's food and nutrition security, both in terms of the cascading risks from the pandemic and other threats. The study provides an opportunity to place the initial lessons being learnt from the on-going responses to the pandemic in respect of food and nutrition security in the context of other long-term challenges such as climate change and biodiversity loss.

- [Available in full text at Nutrition Bulletin from Wiley Online Library Medicine and Nursing Collection 2020](#)
- [Available in full text at Nutrition Bulletin from Unpaywall](#)

In the News

Nursing Times

[Community weight loss programmes can put diabetes in 'remission'](#)

26 April, 2021

An intensive weight management programme delivered in the community can help some patients with type 2 diabetes go into remission for the condition, according to a small UK study. The majority of patients involved in the pilot study either reduced their diabetes medication or stopped taking it altogether at the...

[Post-gestational diabetes support 'would be really good for mothers'](#)

26 April, 2021

Women who have recently had gestational diabetes would welcome support to maintain a healthy diet and do more physical activity in the longer term, according to UK researchers. Cambridge University researchers set out to explore women's views on practical approaches to achieve and maintain a healthy diet and physical activity...

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